

LONDON metro

Lotto



Friday's Jackpot

\$50 MILLION
estimated— PLUS **MAXMILLIONS** —**20 EXTRA**
estimated**\$1 MILLION**
PRIZES

CONGRATS, KELSO ... BURRRRRNNNN!

ASHTON KUTCHER, A.K.A. THAT GUY FROM THAT '70S SHOW, IS NOW A 'PRODUCT ENGINEER' FOR COMPUTER-MAKER LENOVO **PAGE 8**

Vigil held for boy fighting for his life

Londoners gather outside Children's Hospital for Tyler Brooks-Szabo, 10, a victim of a hit-and-run **PAGE 2**

Cops cast wide net, nab 24 suspects

Community foot patrol, community oriented response units conducted 2 different 2-day blitzes **PAGE 4**

Knights trio picked to battle Russia

Josh Anderson, Max Domi and Bo Horvat selected to represent the OHL against Russia's junior team **PAGE 17**



Cheers! Raymond Turner, left, and Joan Brennan toast the start of their vodka project. MIKE DONACHIE/METRO

For Londoners who love liquor

Kettle Creek. Would-be vodka producers looking to break into market

The idea is crystal clear: Vodka made in London.

As craft breweries and home-brewers continue to experience an explosion in interest, two London entrepreneurs are planning an even more volatile concoction.

Joan Brennan and Raymond Turner, who work at the APK pub on Clarence Street, are setting up the Kettle Creek distillery and applying for a licence to distill alcohol.

And they have a message for Londoners.

Brennan is a founder of Slow Food London, the organization that urges people to use local producers, and she and Turner want people to eat — and drink — local.

At a glance

- To support the Kettle Creek Small Batch Distillery, search for them on indiegogo.com.
- The target is \$60,000, for set-up costs including equipment, ingredients, staffing and bottling.

"The local economy is kind of in bad shape," said Brennan. "We have factories that are closing and we have a high unemployment rate."

"Anything that can bring work, money and tourists, in other words money, from outside, is a benefit. That's one of the reasons why we're doing this."

So, with Brennan handling the business side and Turner using engineering and chemistry skills, they want to start making London's own liquor.

They want to follow the success of places like the Forked River Brewing Company, London's only craft brewery, and Black Fly, a micro-distillery.

"The plan is to open a small-batch distillery, making premium vodka," said Turner. "That will be the start."

"Eventually, we'll move on to gin, rum, rye, things like that. We also plan to make flavoured vodkas that are kind of subtly flavoured with natural ingredients."

So the search is on for investors. Turner has started designing the stills he wants to have built, stressing that he's keeping within the law and working theoretically for now.

Brennan is preparing the paperwork for the Alcohol and Gaming Commission of Ontario, seeking a licence for a micro-distillery that produces 130 to 140 bottles for every 32 man hours put in.

MIKE DONACHIE/METRO

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Vigil held in support of crash victim, 10

Tyler Brooks-Szabo.

The boy has been hospitalized since he was hit by a car while riding his bike Friday in east London



SCOTT
TAYLOR

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She stood out in a crowd of standouts Wednesday night at Children's Hospital.

As people gathered for a vigil in support of a 10-year-old boy run down by a hit-and-run driver, Michele Dumont felt a personal connection — knowing the pain that comes when a child is struggling to stay alive.

"I want to pay it forward because the community showed its support for us when my son was battling cancer," Dumont said. "Now, we want to show our support back for what they did for us."

Timothy Dumont, Michele's son, was 26-years-old when he died July 3 at London Health Sciences Centre after lapsing into a coma two days earlier.

Dumont said she knows Tyler Brooks-Szabo — hospitalized since he was hit Friday in east London —



Kiara Dumont was one of about 50 people at a Wednesday candlelight vigil outside Children's Hospital. The vigil was in support of Tyler Brooks-Szabo, 10, who has been at the hospital since being hit by a car Friday. SCOTT TAYLOR/METRO

and said the ordeal is breaking her heart.

She choked up when she spoke about her son and the crash that left Tyler in critical condition with a serious head injury.

As she spoke, Dumont sent a strong message to Toby and Rebecca Van Lieshout, the Ingersoll husband and wife charged with

hitting Tyler.

"Just don't do it. Don't race. Be licenced, be insured and just don't do it," Dumont said. "These children are our future. It's heartbreaking. They can't do this stuff."

Witnesses have said the car the couple was in jumped a Wexford Avenue curb, hit the boy as he

rode his bike on the sidewalk then raced away. The pair was remanded to custody during court hearings earlier this week and face multiple charges, including driving with a suspended licence, careless driving and drug possession.

About 50 people rode their bikes to the hospital for Wednesday's vigil.

New area code

The 411 on the 519 and 226

London is getting a new area code. Effective June 4, 2015, new telephone numbers assigned in areas covered by the existing 519 and 226 area codes may be given a prefix of 548.

The decision was announced Wednesday by the Canadian Radio-Television and Telecommunications Commission (CRTC) almost a year after the commission started a review.

Southwestern Ontario is expected to run out of telephone numbers by September 2015, according to the CRTC. Existing customers will keep their numbers when the new area code comes into play.

METRO

Latest rules

Queen's Park OKs wireless contract clampdown

Ontario will soon join three other provinces with new rules for wireless contracts.

The rules, politicians say, will end "horror stories" consumers report after opening their cellphone bills.

Government legislation aimed at addressing those complaints passed unanimously in the provincial legislature Wednesday and is expected to take effect in the spring.

THE CANADIAN PRESS

more music
more fun



more1039.ca





A smashing time — Harry Willemse gets ready for the crane as he prepares to hook up an 800-pound monster for the annual pumpkin drop run by engineering students. MIKE DONACHIE/METRO

Engies make an ungodly mess — with a message

Western. Students drop 800-lb pumpkin to raise money to send engineer to Africa



MIKE DONACHIE
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Western students dropped a strong message on campus Wednesday, and it landed with a bump.

And a splat.

The annual pumpkin drop drew a crowd to University College Hill, and they weren't disappointed. The 800-pound behemoth, raised to a great height by a crane then sent

plunging to the grass below, made a satisfying mess.

But a delivery delay meant there was a nervous wait for the organizers, a group of engineering students campaigning on behalf of people in poverty in developing nations.

How do you lose an 800-pound pumpkin? Nobody seemed to know, but there was a happy ending for all participants — except the pumpkin, of course.

"I'm so happy," said Alex Hockin of the Western chapter of Engineers Without Borders. "We were a little bit tense for a little while, but then the pumpkin showed up. This is my favourite event every year."

Par for the course

"Engineers are typically known for their big, outrageous events, and the pumpkin drop is always phenomenal."

Alex Hockin, from the Western University chapter of Engineers Without Borders

Cause

Engineers Without Borders is a 50,000-strong movement that enables members to use their skills and knowledge to aid people in Africa.

She continued: "This is a traditional event at Western. It's mostly meant to raise awareness on campus of poverty."

"Engineers are typically known for their big, outrageous events and the pumpkin drop is always phenomenal."

In addition to dropping the big one, the students were offering people the chance to smash smaller pumpkins with a baseball bat for \$2.

The money, plus proceeds from the sale of Fair Trade chocolate, will go toward funding a student's participation in an Engineers Without Borders team in Africa.

Province plans to reap the green from bonds

Ontario could be the first province in Canada to issue so-called green bonds next year to help fund public-transit expansion.

The program will be unveiled in next week's fall economic update, requiring legislation and certification.

"Green bonds are a great tool to raise capital for a project with specific environmental benefits," Premier Kathleen Wynne said Wednesday. "The worldwide market for green bonds in the last year has

Green bonds, globally

\$346B

Value (in USD) of the worldwide market for green bonds, according to Kathleen Wynne

doubled, and it's now estimated to be more than \$346 billion — those are U.S. dollars."

The new bonds would capitalize on the province's ability to raise funds at low interest rates, Finance Minister Charles

Sousa said.

It will actually save the province money over the long term because there are many investors who are prepared to pay to invest in specific green initiatives or at least give the province the benefit of doing it, he said.

Finance officials say it's a "slice of pie" as part of the province's regular borrowing program, but this portion will be dedicated to environmentally friendly transit projects.

THE CANADIAN PRESS

Canada's Top 40

Lawson Health named ninth in Canadian research

A medical-research organization in London has been named among the top 10 in Canada. Lawson Health Research Institute — the research arm of London Health Sciences Centre and St. Joseph's Health Care London — is listed ninth in this year's list of Canada's Top 40 Research Hospitals list. The publication said Lawson received more than \$103 million in research income in 2012, a 1.1 per cent increase from 2011. **METRO**

Wortley Village. Heritage conservation plans being delayed after consultation

Plans to make Wortley Village a heritage conservation area are on hold at city hall.

City staff have asked for more time to work on the details of the idea, and a council committee is recommending the request be granted.

Councillors heard this week from residents who are for and against the idea, which will see development tightly controlled and the heritage of the area protected.

Bob Porter, president of the Old South Community

In favour

"It's a great step forward for the area ... and lots of people want to see it happen."

Bob Porter, president of the Old South Community Organization

Organization, was among those who gave his two cents.

"It's a great step forward for the area," he said, "and lots of people want to see it happen." **MIKE DONACHIE/METRO**

Hit-and-run. Woodstock cops looking for driver

Woodstock police are searching for a blond woman they say was involved in a hit-and-run incident on Mill Street in the area of Park Row at about 11:30 a.m. Wednesday.

A Jeep travelling southbound on Mill came alongside a Dodge Caravan. As the two vehicles approached Park Row, the Jeep moved into the Caravan's lane and hit the driver's side of the minivan, police said.

Both vehicles turned onto Park Row, at which time the van stopped and the Jeep sped

away.

Along with the blond woman driving the Jeep, there was a man in the passenger's seat.

The vehicle is described as a silver Jeep Cherokee with model year 1999 to 2002. It likely has damage on the passenger side, police said.

Damage to the Caravan is estimated to be \$4,000.

Anyone with information should call 519-537-2323 or Crime Stoppers at 800-222-8477. **SCOTT TAYLOR/METRO**

Confidence. Non-binding motion another stunt by Hudak, Horwath says

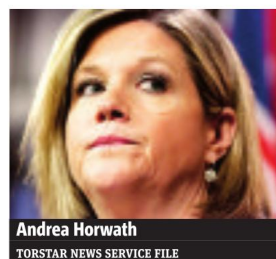
Ontario's New Democrats made it clear Wednesday they are not prepared to scratch the Progressive Conservatives' nagging itch for a snap election by supporting a motion that would test the confidence of the minority Liberal government.

"It seems like Mr. Hudak simply can't pass up an opportunity to throw another gimmick out there and show how ineffective he is," said NDP Leader Andrea Horwath.

Progressive Conservative Leader Tim Hudak said his party introduced a non-binding motion asking if the legislature has confidence in Premier Kathleen Wynne and the Liberals in an effort to force the NDP to stop propping up the government.

The auditor general's estimate that it will cost up to \$1.1 billion to cancel two gas plants to save Liberal seats in the 2011 election should be enough for Horwath to say she will help defeat the government, added Hudak.

"The Liberals' corruption



Andrea Horwath
TORSTAR NEWS SERVICE FILE

stares her in the face each and every day, but every time that Andrea Horwath is asked to prop up the government, she's 'ready, aye ready' to do whatever the Liberals want," he said.

The Progressive Conservative motion, which will be debated during an Opposition day next week, is not a true confidence motion and the results would not be binding on the government. That means it's another stunt by Hudak, said Horwath.

"It's clear that nothing has changed since the last time he threw out one of these salvos," she said. **THE CANADIAN PRESS**

Victim taken to hospital

Motorists-turned-heroes pull woman from water

A 55-year-old London woman barely escaped her Honda Civic on Saturday after leaving the road and overturning in a water-filled ditch on Highway 23 near Atwood, police say.

Perth County OPP say the woman was trapped inside the submerged vehicle when two passing motorists stopped, ran to the scene and jumped in the water to help.

They were able to pry open one of the doors and pull the woman to dry land. A third motorist began to perform CPR and was able to get a response.

The victim was rushed to Listowel Memorial Hospital, where she was treated and stabilized prior to being flown by air ambulance to London's Victoria Hospital.

Police say she's still being treated at the hospital, where her condition has been listed as stable.

Road conditions at the time of the collision were wet and slushy, police said.

SCOTT TAYLOR/METRO



A London police officer walks through downtown Wednesday afternoon. Officers on foot patrol made 24 arrests during two recent sweeps on city streets.
SCOTT TAYLOR/METRO

Dragnets sweep up 24; 30 charges laid

Crime. Community foot patrol, community-oriented response units conduct two-day blitzes

SCOTT TAYLOR
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They may be small fish in a big pond, but catching enough of them is still a good day's work for London police, who responded to community concerns with a pair of two-day operations that collared 24 suspects.

Members of the community foot patrol and the community-oriented response units conducted a two-day blitz of the Dundas Street area just east of Adelaide Street on Oct. 24-25 and also investigated two addresses on Lyle and Elizabeth streets.

Over the 48 hours, 15 people were arrested, which resulted in 20 criminal charges being laid, six of which were drug-related.

On Oct. 28-29, police concentrated their efforts in the Dundas area between Wellington and Egerton streets.

Nine more people were arrested, 10 charges were laid

and drugs and a stolen bicycle were seized.

"Arresting this many people is not the norm, but we were able to do it because we concentrated our efforts on these operations," police spokesman Const. Ken Steeves said. "We were able to deploy the required officers while others responded to calls for service."

Deputy Chief John Pare credited the community-oriented response unit this summer, saying crime numbers are decreasing annually because of sweeps like these that make it difficult for street-level criminals to do business.

At a glance

Some of the charges laid by police include:

- Drug possession
- Communication for the purpose of prostitution
- Resisting arrest
- Escaping lawful custody
- Misleading police
- Possession of stolen property

Rumour control for pollution-control plant

Rumours are flying about the impact of an upcoming \$60-million expansion Greenway Pollution Control Plant.

And, city officials say, they are exactly that: Rumours.

Geordie Gault, division manager for wastewater treatment, said a lot of people are confused after a leaflet-

ing campaign targeting area homeowners made a series of claims that simply aren't true.

"It's got a lot of people upset," Gault said. "The people in Kensal Park were quite concerned that we were going to be building closer to their homes. We're trying to build further away from their

homes."

He clarified the following for Metro.

False: The plant will expand into the Kensal Park area, affecting homes.

True: The expansion is into an area away from homes and was never going to move closer to residents.

False: The adjacent off-leash dog park will be shut down for two to three years or permanently.

True: City staff will try to minimize the effect on the dog park. Any closure will be "maybe a few hours or a couple of days," Gault said.

MIKE DONACHIE/METRO

Embattled Mike Duffy stars in a new song and dance

Senate saga spoof. P.E.I. radio morning man (he's as crafty as a fox) pokes fun at senator with a cheeky parody song

A radio station in P.E.I. has made a parody song poking fun at their Senator Mike Duffy's recent speeches in the expenses scandal.

Remixing the popular song What Does The Fox

Say? morning host Matt MacLeod of P.E.I.'s Hot 105.5 put together a spoof song called What Does The Duff say?

The song uses clips from Duffy's Senate remarks such as, "I was ordered by the prime minister to pay the money back," as the melody and beat of the original song play in the background.

A voice chimes in as the chorus singing, "What does the Duff say?"

MacLeod borrowed clips from the radio station's new-room to do the remix.

The station's program

director, Myles MacKinnon, said P.E.I. has about 140,000 residents, for whom Duffy's expenses saga is "the best reality TV you can imagine."

"We're having a lot of fun with it. We know it's a serious thing, but our job is to have fun with it," MacKinnon said Wednesday.

Senators are looking at a motion that would see Duffy, Pamela Wallin and Patrick Brazeau suspended from the red chamber. But a vote on the motion, appears to have been put off until Friday.

TORSTAR NEWS SERVICE



The Fox (What Does The Fox Say?) is a dance music video, above, by Norwegian comedy duo Ylvis that has been viewed about 175 million times. A parody of the song features Sen. Mike Duffy, inset.

YOUTUBE/SCREEN GRAB; INSET: THE CANADIAN PRESS FILE

Halloween howls

Her trick won't be a treat for chubby kids

It won't be a very happy Halloween for some children in Fargo, N.D.

A woman who identified herself as "Cheryl" told a morning radio show she plans to dole out "fat letters" to "moderately obese" trick-or-treaters Thursday night to inform them of the dangers of being overweight.

"Cheryl" decided to opt for the informative letters instead of handing out fruit or granola bars because, in her words, parents need to "step up."

"Your child is, in my opinion, moderately obese and should not be consuming sugar and treats," her letters will declare.

METRO IN BOSTON

Tax fraud shocks

Feds misplace laptops ... and millions of \$\$\$

Hundreds of weapons, BlackBerrys, laptops and iPads have gone missing or been stolen or destroyed, according to the federal government's annual accounting of its property.

Missing money and absent items are outlined in an annual report to Parliament, tabled late Wednesday.

The amount of tax fraud discovered in the last year is estimated at about \$250 million, down from more than \$300 million last year.

But employment insurance fraud is up, reaching about \$159 million, or \$30 million higher.

THE CANADIAN PRESS



Styled for Sochi ... next stop the winners' podium?

Will this be a winning look in Sochi? Curler Cheryl Bernard and skier Jan Hudc give Canadians the first glimpse of the styles our athletes will wear at the 2014 Winter Olympics. As always, the patriotic designs flaunt Canada's colours as well as imagery of the polar bear, beaver and loon. Bonnie Brooks, right, president of The Hudson's Bay Co. — the official outfitter — helped unveil the uniforms at a Toronto ceremony Wednesday. The athletes' clothing is being made in Canada, she said. Replicas for consumers will be made offshore. NATHAN DENETTE/THE CANADIAN PRESS

Big hit. Midget wrestling has U.S. in a headlock, now it's Canada-bound

Some call it empowering. Others call it belittling. But one thing is for sure: It's drawing big crowds.

Midget wrestling will come to Saskatoon in November.

The Extreme Midget Wrestling Federation was founded in Oklahoma four years ago and has gone on

to sell out venues across the United States, said creator and producer Skyler Ward.

The Little People of America organization says it's degrading. But Ward said: "Our show is not derogatory." Instead of kids pointing at them, midget wrestlers become superstars, he added.

JACOB MORGAN/METRO IN SASKATOON

Cruel cutbacks? Tories turfing wounded troops to save cash, MPs claim

The Harper government came under fire Wednesday amid claims that wounded troops are being discharged before they're eligible for a pension.

Defence Minister Rob Nicholson insisted wounded members are not being summarily dismissed. They "work with the military on a transition plan," Nichol-

Quoted

"I asked ... if there was any way I could stay in and they said, 'Nope.'"

Cpl. David Hawkins, who has post-traumatic stress disorder.

son told the Commons. THE CANADIAN PRESS

One man suspected. Six sex assaults on the UBC campus leave trail of fear

Six sex assaults at the University of British Columbia have resulted in an unprecedented police presence on campus.

Fear has spread among students, staff and the community, says the facility's president, Stephen Toope.

"This is one of the safest campuses in North America. There is not normally a cli-

mate of fear or of insecurity on the campus," he said.

RCMP's major crimes section says one man is believed to be responsible for three attacks this month and similar incidents in April, May and September. All the women were attacked while walking alone late at night.

THE CANADIAN PRESS

In pictures

**1 D.C.** Elmo, First Lady push veggies

Michelle Obama and Sesame Street's Elmo promote fruits and vegetables to kids at an event at the White House on Wednesday. **THE ASSOCIATED PRESS**

2 Who? My Ch-ch-ch-Churchill

Roger Daltrey performs in Washington Wednesday to dedicate a bust of Winston Churchill. **THE ASSOCIATED PRESS**

3 Hammer time. Weird world record

Sweet Pepper Klopek lifts a sledgehammer from hooks in his cheeks during a successful Guinness Records attempt in Vancouver Wednesday. **THE CANADIAN PRESS**

4 Greece. It's not over until ...

A makeup artist prepares Myrsini Margariti for a dress rehearsal on Oct. 23 at the Greek National Opera in Athens, which has transformed itself from a loss-maker to an income-generator. **THE ASSOCIATED PRESS**

5 Diwali. Prepping for the festival

A potter paints lamps for Diwali, the Hindu festival of lights, in Amritsar, India, Wednesday. **THE ASSOCIATED PRESS**

UN report

'Childhood must never be derailed by motherhood'

Recent research has suggested that teen pregnancies in the developing world are declining, but more than 7 million girls under the age of 18 are still giving birth each year and suffering drastic consequences, a UN report said Wednesday.

The UN Population Fund expressed particular alarm about the dangers facing girls 14 or younger, who account for 2 million of the 7.3 million births to women under 18 in developing countries. This group faces the gravest long-term social and health consequences from giving birth as teens.

The report looked at births to women under 18 worldwide, the underlying causes of teen pregnancy, and possible solutions to the problem, which the UN said is part of a vicious cycle of rights violations.

Wednesday's report called for a new approach to curbing teen pregnancies that minimizes the emphasis placed on girls' behaviour as a cause.

"Childhood must never be derailed by motherhood," it said, calling for greater efforts to end child marriage and more action on gender equality.

THE ASSOCIATED PRESS

Derailed futures

"A girl who is pregnant at 14 is a girl whose rights have been violated and whose future is derailed."

Dr. Babatunde Osotimehin, executive director of the UN Population Fund

Um, that's not covered. Employee denied workers' comp for sex injury

Australia's highest court on Wednesday denied workers' compensation to a government employee who was injured while having sex in a motel room during a business trip.

The 4-1 decision from the High Court said the woman's employer did not induce or encourage her to participate in the sex, so the federal government's insurer, Comcare, was not liable to compensate her. A lower court had said



Former News International chief executive Rebekah Brooks arrives at the Old Bailey court for the phone-hacking conspiracy trial Wednesday in London, England. **DAN KITWOOD/GETTY IMAGES**

Phone-hacking a 'conspiracy'

News of the World. Prosecutor opens the long-awaited trial by saying it's inconceivable top execs didn't know about eavesdropping

A prosecutor said Wednesday that there was "a conspiracy which involved a significant number of people" to hack phones at the Rupert Murdoch-owned News of the World, revealing that three senior journalists at the now-defunct newspaper have pleaded guilty

to illegally eavesdropping on voicemails.

Opening the long-awaited hacking trial of former News of the World editors Rebekah Brooks, Andy Coulson and others, prosecution lawyer Andrew Edis said hacking and other illegal activity at the paper and its sister tabloid, The Sun, went on for a decade. He said it was inconceivable that the top executives didn't know about it.

"They were in charge of the purse strings," Edis said, adding that they signed off on illicit payments.

"Mrs. Brooks personally approved nearly 40,000 pounds

Background

The trial stems from the revelation in 2011 that News of the World employees eavesdropped on the voicemails of celebrities, politicians, crime victims and others.

- The scandal led Murdoch to shut the 168-year-old newspaper and spurred wide-ranging criminal investigations.

for stories" to a senior defence official, Edis said.

THE ASSOCIATED PRESS

Do your work, don't twerk. Dance shakes its butt onto school's forbidden list

One Southern California high school has added twerking to its list of dances that are banned for students.

The Orange County Register reports Tuesday that administrators at Aliso Niguel High School decided the rump-busting dance is sexually suggestive and should no longer be allowed on cam-

pus or at dances.

Twerking now joins "freaking" and "grinding" as prohibited dances at the Orange County school. Those who break the rules could be ineligible for future dances for the remainder of the school year. Parents also will be notified.

THE ASSOCIATED PRESS





Ex-hostages Thierry Dol, centre left, and Pierre Legrand, centre facing, arrive in France. THIBAUT CAMUS/THE ASSOCIATED PRESS

French hostages freed; ransom speculated

Held by al-Qaida.

French president Hollande said no money was paid; France has previously paid ransoms

Four Frenchmen held hostage by al-Qaida militants landed in France on Wednesday after three years in captivity in the punishing African Sahel.

The wife and daughters of one hostage, Daniel Larribe, rushed to hug him, and the three held each other while crying. Other friends and family snapped photos of their loved ones finally home.

President Francois Hollande greeted each of the hostages on the tarmac at a military airport outside Paris.

At the time of their capture, the four — Pierre Legrand, Thierry Dol, Marc Feret and Larribe — were working in Arlit, Niger, where the French state-controlled nuclear giant Areva operates a uranium mine. They were retrieved in northern Mali on Tuesday.

Both countries are in the Sahel, the arid region that stretches from the Atlantic Ocean to the Red Sea just south of the Sahara Desert that is prowled by militants

One day at a time

"It's like we used to say to each other when we were in captivity together: Every day is a victory." Francoise Larribe, wife of one hostage, Daniel. She was a hostage herself but was released a year ago.

from al-Qaida in the Islamic Maghreb.

The former hostages spent their first night of freedom in the Niger capital, Niamey, and left for Paris early Wednesday morning. Pascal Lupart — who, as head of an association representing

friends and families of the hostages — said he was told that Areva paid a ransom for the captives. But an Areva press officer said that no ransom was paid.

Francoise Larribe told reporters how Daniel survived the detention. Francoise herself was captured along with her husband and the other three but was released over a year ago. "I think Daniel on his part had a desire to resist, and he did it in a completely formidable way."

Hollande noted there are still seven French citizens held hostage: three in Africa, four in Syria.

THE ASSOCIATED PRESS



Released French hostage Daniel Larribe, right, greets his family upon his arrival at the Villacoublay military airbase, outside Paris, on Wednesday after three years in captivity. MICHEL EULER/THE ASSOCIATED PRESS

Tunisian extremists strike tourist sites

A suicide bomber and a teenager carrying a backpack loaded with explosives attacked two sites popular with tourists Wednesday, raising fears that Tunisia's Islamist extremists may be adopting more violent tactics.

No one was killed aside from the suicide bomber, but with the Ministry of Interior saying both men belonged to the same extremist group, the attacks could signal the adoption of more deadly tactics by Tunisia's Islamist extremists, including ones aimed at tourists.

The extremists have experienced a resurgence since Tunisia kicked off the Arab Spring in 2011 by overthrowing its secular dictatorship.

In what may have been the first suicide attack in Tunisia, hotel security guards stopped the bomber from entering the Riadh Palm hotel in Sousse, a city 150 kilo-

New terror campaign

Mokhtar Ben Nasr, the former spokesman for the military, said the attacks were designed to harm the tourist industry and distract security forces from their efforts to root out militants based in the hinterlands.

- Analyst Riccardo Fabiani said that coupled with a failed car bomb a few days ago, Wed.'s attacks suggest the start of a new terrorist campaign.

metres south of the capital, Tunis, then chased him to a beach where he blew himself up, the Interior Ministry said.

The ministry described the bomber as dark-skinned and wearing an explosive belt. The city is being searched

for possible accomplices, said ministry spokesman Mohammed Ali Aroui.

In the foiled attack in nearby Monastir, an 18-year-old followed a group of tourists into the mausoleum of modern Tunisia's founder, Habib Bourguiba, carrying a backpack full of TNT. He attempted to distract security by tossing a firework before being subdued, said Hicham Gharbi, a spokesman for the presidential guard, which patrols the site.

"He will be questioned to learn his motives and those who ordered the attack," Gharbi told local radio.

Bourguiba, Tunisia's first post-independence president, was a fierce secularist and has long been criticized by hard-line Islamists.

Sousse the site of Wednesday's attack, is a major destination for European tourists.

THE ASSOCIATED PRESS

Disputed area. Israel green-lights East Jerusalem construction

Israel on Wednesday announced plans to build 1,500 new homes in East Jerusalem, the part of the city claimed by the Palestinians, just hours after it freed a group of Palestinian prisoners as part of a deal to set peace talks in motion.

The settlement construction was seen as an attempt by Prime Minister Benjamin Netanyahu to make up for the prisoner release, for which he has been sharply criticized at home. The prisoners were jailed for deadly attacks on Israelis.

Interior Ministry spokeswoman Lital Apter said Wednesday that the 1,500 apartments would be built in Ramat Shlomo, a sprawling settlement in east Jerusalem. She said Israel also plans to develop an archaeology and tourism site near the Old City, home to Jerusalem's most sensitive holy sites.

Israel captured east Jerusalem, along with the West Bank and Gaza Strip, in the 1967 Mideast war.

The Palestinians seek all three areas for a future state, with east Jerusalem as their capital.

Israel considers all of Jerusalem to be its eternal capital, and Netanyahu has



An Israeli wearing a Palestinian scarf, protests the release of 26 Palestinian prisoners. GETTY IMAGES

vowed never to divide the city. Israel has built a series of settlements, including Ramat Shlomo, to solidify its control.

Although Israel's annexation of east Jerusalem is not internationally recognized, it considers these settlements to be neighbourhoods of the city.

Israel first announced the Ramat Shlomo plans in 2010 during Vice-President Joe Biden's visit to Israel, sparking a diplomatic rift with Washington that took months to mend.

THE ASSOCIATED PRESS

Zimbabwe

21 killed on their way to a funeral

Zimbabwe state radio says 21 people died when their open truck collided with a tanker carrying ethanol fuel in southeastern Zimbabwe.

The state-run Zimbabwe Broadcasting Corp. reported Wednesday that the truck ferrying mourners side-swiped a tanker carrying the highly flammable ethanol spirit distilled from sugar. It said the collision happened in the sugar plantation district of Chisumbanje, about 460 km from the capital, Harare.

THE ASSOCIATED PRESS

South Carolina

Custody dispute ends in murders

Six people found dead in a U.S. home were shot in a domestic dispute that ended with the gunman's suicide. Greenwood County Sheriff Tony Davis identified the gunman as Bryan Sweatt, 27. Police said he had dated one of the women who was murdered and had a child with her. The woman, her parents and two kids were killed. THE ASSOCIATED PRESS

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Actor Ashton Kutcher, who has made a career playing male bimbos, is now a 'product engineer' at Lenovo. The company insists he will not just be a pretty pitchman, but also a 'deeply integrated' part of the company. MICHAEL KOVAC/GETTY IMAGES FOR LENOVO

Kelso's now an engineer, sort of

Ashton Kutcher. The model turned actor, best known for playing the dim hottie on *That '70s Show*, is now a 'product engineer' for Lenovo

Computer-maker Lenovo has hired tech-savvy actor Ashton Kutcher to help design and pitch its latest line of tablets, dubbing the Hollywood star a "product engineer" who can bring his ideas along with his image.

It's the latest tech foray for

He'll be at a cubicle 9-5 then?

"This partnership goes beyond traditional bounds by deeply integrating him into our organization as a product engineer as we look at developing the next wave of products."

Lenovo spokesman David Roman

the *Two and a Half Men* performer who recently starred in a biopic about innovative giant Steve Jobs and has invested venture capital in more than

a dozen Silicon Valley startups.

The deal was announced Tuesday at a Lenovo live-streamed event in Los Angeles. Lenovo's first video advertisements for the new Yoga Tablet feature Kutcher acting as a product tester in his boxers, a spacesuit and aboard an airplane.

The company said Kutcher will do more than just advertise.

Kutcher — who in recent years has appeared in ads for snack chips and cameras — said of Lenovo, "Entrepreneurship is part of their DNA, and I couldn't ask for a better fit."

THE ASSOCIATED PRESS

Market Minute



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Natural gas: \$3.64 US (no change)
Dow Jones: 15,618.76 (-61.59)

'Peak trash'. World may be throwing out 11M tonnes of garbage daily by 2120

Forget about peak oil. An Ontario researcher says the real concern facing the planet should be peak trash.

Just as peak oil theorists suggest that oil production will eventually reach a maximum the same thing will happen to trash, says Daniel Hoornweg of the University of Ontario Institute of Technology, who published a commentary on the issue in Wednesday's edition of the science journal *Nature*.

But even if significant measures are taken to curb global resource consumption, that point isn't likely to be reached until all the way out to

More money, more problems

Global trash growth is now being powered by rising wealth in the cities of Asia. Eventually, African cities will be the driver.

some time between 2110 and 2120. That will be well over 11 million tonnes of trash, every single day.

The problem is not so much the garbage itself, said Hoornweg, but the resources used to create that much trash.

THE CANADIAN PRESS

WHAT'S NOT TO LOVE ABOUT THE SEAT?

I've bought new furniture all by myself for the first time, and I think it's safe to say after years as a stereotypical bachelor, I'm all grown up now. And not just a grown-up — a family man. I'll explain.

All my previous big-ticket purchases have been nothing but big tickets (plane trips, concerts, hockey games), so I was a little intimidated when I started reading online advice about buying furniture. The tips said this was a Big Life Decision; it was all about strength and style and "what's most important is what's on the inside."

They made it sound like I was buying people — a brand-new family. This was disconcerting. If it was true, then my existing furniture had been a ragtag group of has-beens and ne'er-do-wells.



HE SAYS
John Mazerolle
metronews.ca

There was the sad little orphan coffee table, left over from my failed marriage. You could almost hear it coughing from the dust.

There were two yellow-green chairs that were still living in the past.

There was my \$299 mattress, which had done its duty for a decade but had passed on some time ago. It received a martyr's funeral, carried out of the apartment on my shoulders while I sang its praises. I fired no weapons though, because the landlord doesn't like holes in the wall.

Most prominently, there was my love seat. You know those celebrities like Clint Eastwood and Dave Hodge where you think, "Geez, they were old when I was a kid." That was the love-

seat, which was dug out of my dad's baby barn after spending a

lifetime in my grandmother's house. It was already dead, really, but we Febrezed it back to life (defebrezulated?) and its elderly frame hunkers in my apartment still.

It's not a stately old maid either. It's more like the type of senior who tells you about that time she slept with Leonard Cohen, then coughs into a tissue and sticks it into her bra. The upper left corner is tearing. I guess that's bursitis.

Faced with this lot, I decided I would live the dream of so many and replace my family. I started with a new bookcase and a new bed, grabbing both from an adoption agency called Ikea.

The family looks really good, I think, and fits well into my life — partially because of my keen eye for this sort of thing, partially because I haven't taken them out of their boxes yet.

I've heard a lot of horror stories about rushing into family life, so I thought I'd build myself up to it. It's natural. The new bed should be created in nine months or so. You'll know when it happens. Expect lots of profile pics on Facebook.

ZOOM

More smiles than spooks



MATT KIELTYKA/METRO IN VANCOUVER

B.C. resident shows off big pumpkin

Vancouver resident Chuck Kokol has a pumpkin display every Halloween outside his heritage home. Neighbours say he's outdone himself this year with this mammoth, which weighs more than 700 pounds and took a carver six hours to create.

MATT KIELTYKA/METRO

Picture perfect

"I wanted a children-friendly face, a happy Halloween. I see Halloween is going to the extreme in the other way, but I do our show with just pumpkins. I believe it's a beautiful effect." Chuck Kokol

'It looks like a UFO landed'

Sporting a mile-wide smile (actually more like four feet) and standing up to shoulder-height on most people, Kokol's cheery jack-o'-lantern comes in as one of British Columbia's biggest pumpkins.

Seven hundred watts of lighting have been installed and Kokol is ready for the big day.

"At nighttime, it's just an amazing glow. It looks like a UFO landed and it can be seen from up the block," he said.

Kokol got the gargantuan pumpkin from a grower in Langley, B.C. after it completed its career on the contest circuit, featuring in shows in Portland, Ore., and Cloverdale, B.C.

MATT KIELTYKA/METRO

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

If only you could figure out what to buy the person who has everything. And if only you could do a good deed while you're at it. Introducing (you guessed it), IfOnly.com. The site connects sports, music, film and lifestyle "luminaries" with every day folk — well, everyday folk who have fancy gold cards. Celebrities are putting on offer their time in exchange for a cash money donation to a charity of their choice. Experiences and items range from \$35 to more than \$100,000. Here's a sample of what's on offer:

\$35:

The least expensive item on If Only includes a guitar pick signed by Soundgarden's Chris Cornell. Maybe not the most exciting option (unless you know a die-hard Soundgarden fan) but the money is for a good cause: The kids.

\$2,000:

Not only do you get red-carpet passes to Joseph Gordon-Levitt's directorial debut *Don Jon*, in the U.K., you also get to walk the red carpet with him and co-star Scarlett Johansson.

\$78,600:

Watch a boxing match with a boxing legend. Begin the day eating lunch with Mike Tyson and follow it up with a 'big-time' boxing match sitting ringside with the boxing great (background check required).



GETTY IMAGES

Twitter

@metropicks asked: Almost half of B.C. believes in ghosts — and Metro's Paul Sullivan isn't impressed. Do you believe in #ghosts?

@igor_mariano: I don't believe in them, ghosts are usually big liars

@Canucklehead_ca: I don't even believe that 'ghost peppers' are a real

thing. What's next, ghost towns?!!!

@singh_amna: of course!!

@TimothyPRylett: Yes Ghost towns Do Exist, Have you been to Detroit? LOL

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

If you liked two cheques, you'll love two plays

Double bill. Running Rude and Press Cuttings promise political drama, satire



BACKSTAGE PASS

Mila Petkovic
london@metronews.ca

How far have we come?

Two plays set 100 years apart are pairing up in a satirical double bill for one night of political drama.

Adam Corrigan Holowitz, an 18-year-old director who founded AlvegoRoot Theatre in 2009, will close this season with performances of the local play Running Rude and the classical work Press Cuttings.

Written in 1907 in England, Press Cuttings looks at suffrage and women's rights from the view of playwright George Bernard Shaw.

The play is set inside the British war office and seen through the eyes of the prime minister and an army general. Suffragettes, frustrated by a lack of progress, resort to violent acts like setting off small bombs in the streets and inciting mass protests that lead to martial law.

"It's totally Shaw's specula-



Jeff Culbert as General Mitchener, top left, Tia Brown as Rudi, Sam Shoebottom, bottom left, as Boot, and David Wasse as Prime Minister Balsquith. COURTESY ADAM CORRIGAN HOLOWITZ

tion, and not what happened historically," says Corrigan Holowitz. "He wrote the political comedy set in the future (of 1911) so he couldn't get sued for slander for criticizing those in office at the time."

The second play on the bill also looks at entrenched political systems and archetypes of

power.

Written by London playwright Jeff Culbert in 1999, Running Rude explores environmental politics through the eyes of two activists, Rudi and Boot.

"The characters are so passionate about their environmental campaigning that they

never got jobs. Rudi's whole life is staging these acts of protest. She is such a life force as a character," says Corrigan Holowitz.

The play's characters reflect two different ideas about activism and protest.

Rudi is loud and action oriented, engaging in small

Around town

- **Spooky tunes.** Halloween at APK featuring Absolutely Free, Phedre and Wet Nightmare on Thursday. Doors at 9 p.m. and tickets are \$10.
- **Celebration.** Live art and music by Cayleah, EKM, Partners In Health, and Poacher at APK on Friday for CHRW's 32nd Anniversary. Bring a non-perishable food item or \$5 at the door. Starts at 9 p.m.

acts of vandalism, like spray-painting the word "smog" on the side of cars. Root is more inclined to fight through the system, and convinces Rudi to run as a candidate for the Green Party to garner a wider audience for their cause.

"The eco protest became their religion. There is a real urgency. It shows the complacency of a modern public blindly going on ignoring the issues," says the director.

Performances are at 8 p.m. Thursday, Friday and Saturday at The Arts Project (203 Dundas St.).

There's also a 2 p.m. show on Saturday. Tickets are \$15 for adults, \$10 for students and seniors.

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Tori Spelling. ALL PHOTOS GETTY IMAGES

Desperate housewife: Tori spells it out in sixth memoir — she's got a sex tape

Tori Spelling admits that there's a sex tape featuring her and husband Dean McDermott floating around out there, though it's been a couple of years since she's heard about it. According to Spelling's sixth memoir, *Spelling It Like It Is*, she and McDermott were looking to spice things up in 2009. "Dean said, 'We should tape ourselves having sex,'" she writes. "He had a little portable tri-

pod, and he set up his video camera on it. Afterward, I checked my angles and they were good, so I allowed him to keep it." Apparently a former friend of the couple snatched it off their home computer and attempted to sell it two years later. "I was horrified," Spelling writes, explaining that they sent the man a cease and desist letter. "We never heard from him again, and the incident went away."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lohan's sobriety = partying till the break of dawn

October apparently hasn't been an easy month for Lindsay Lohan's fledgling sobriety.

The troubled starlet has been spending a lot of time at bars, clubs and parties this month, and she's reportedly fallen off the wagon when it comes to booze, according to *Star* magazine.

"She was definitely drinking alcohol. She got increasingly sloppy as the hours went on," a source who spotted Lohan at a party in L.A. last week tells the magazine.

"At one point Lindsay was literally hanging onto a couple of her friends, like, they were holding her up."

She's also reportedly been sneaking vodka cocktails at bars in New York, and she partied till dawn at "an alcohol-fuelled bash" in Hollywood with Paris Hilton and Miley Cyrus recently.

"Lindsay arrived around 3 a.m. and was still there when dawn was breaking," a source says. **METRO**

Twitter



@AnnaKendrick47
Oh hello again 4am, you whore.



@tyrabanks
My tablet got too hot to handle so I made her take a chill pill in the fridge. Hope she's not claustrophobic.



@jimmykimmel
note to every LA news channel — unless they're in a zoo, all bears are "on the loose"



Chris Brown

Chris Brown off to rehab for anger management

Chris Brown has checked himself into rehab for some anger management issues just a day after appearing over court

charges he assaulted a man outside a Washington, D.C., hotel. "Chris Brown has elected to enter a rehab facility," his rep says in a statement.

"His goal is to gain focus and insight into his past and recent behaviour, enabling him to continue the pursuit of his life and his career from a healthier vantage point."

bug beauty

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3
LIFE

Take Kerr of yourself and your best will surely follow

She's starting with the model in the mirror. One of Australia's most magnificent imports spills her style, beauty and wellness tips

TINA CHADHA
Metro World News in NYC

Days before she walked the runway at Stella McCartney and Chanel's Spring 2014 Paris Fashion Week shows, we met up with Miranda Kerr at the chic rooftop of the Gramercy Park Hotel. There, the star of Mango's new grunge-inspired fall campaign talked about her fave looks from the '90s ("An oversized blazer, ankle boots and leather jacket with studs") and let us in on her style and beauty essentials.

You always look so well put together. How would you describe your look?

I try to go for classic and effortless and experiment a little bit depending on my mood. I like functional clothes especially, because now I'm a mom and go to the park. But when I go to work, I enjoy putting on a heel and embracing that feminine side.

How has your personal style changed since becoming a mom?

I keep it more practical now. It's all about fabrics that don't crease because I'm always holding (my son, Flynn) always wants to be in my arms or swinging on swings. I think



"Be good to yourself and then you'll be able to give a lot more to your family, to your friends and to your work," says Miranda Kerr. CONTRIBUTED

comfort is important and wearing fabrics that make you feel good and accentuate the parts about yourself that you like. It's not necessarily about following a trend, but finding pieces that work with your body type.

You live in New York now. Talk to us about closet space. It's not enough! But it's good

because I've gotten rid of so much stuff I actually feel lighter. I have three little closets that I try to squeeze everything into. I've stripped it back to the basics and gave at least a room full of stuff to my friends and charity. I've also learned to maximize space. Now, I fold my jeans so they sit up, so when you open the drawer you see them.

If you were travelling and could only pack a small bag, what would go in?

A great pair of jeans that fit well, a blazer, a couple of T-shirts, a pair of loafers, a scarf and a hoodie — and one little black dress. I always pick up scarves at the airport, like airports in Asia, because it's not what you normally see. You'll find something different there.

You know how to rock a red lip. What are some of your beauty tips?

If I'm tired I just put on a red lip and sunglasses and it's a simple and effective way to uplift the face — just add a splash of colour. Sometimes I'll use a bit of the lip colour on my cheeks so I look a bit more alive — like the blood is pumping, the circulation is going. I also apply my KORA Organics lip balm to highlight my cheekbones. It makes you feel fresh.

You're a certified health coach. Any new healthy habits you've incorporated?

I have hot water and half a lemon in the morning. It's a very simple tip that cleanses the digestive system when you wake up and it really kick-starts your metabolism. Then I have a cold pressed green juice, like kale, spinach and celery with lemon, and then I have a smoothie that I make myself. I think it's really important to have a balance in life and fill your body with nutrients when and where you can, but then also know that you're a human being and you can't be too hard on yourself. I try to be 80 healthy and 20 per cent indulgent. I just don't believe in depriving yourself because life is short and we're here to enjoy it.

Read her lips

Revlon ColorStay Ultimate Liquid Lipstick in Top Tomato, \$10.99, revlon.com



Chanel Rouge Coco Shine Sheer Lipshine in Rebelle, \$34, chanel.com



Ellis Faas Milky Lips in Dark Blood, \$35, sephora.com

Drink up!

Kerr's smoothie ingredients

- Coconut water
- Chia seeds
- Goji berry
- Maca powder
- Spirulina
- Acai powder
- Noni powder
- Sun warrior protein powder


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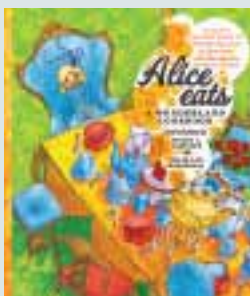
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Cookbook of the Week

Alice's culinary
Wonderland



The foods in Alice in Wonderland are instantly recognizable. In their book, *Alice Eats: A Wonderland Cookbook*, Pierre A. Lamielle and Julie Van Rosendaal answer questions like, "What would the treats at a Mad Hatter party taste like?"

Not only does the book feature recipes (Mock Turtle's Mock Turtle Soup, The Queen of Hearts' Jam Tarts and more), photos and illustrations but also the full text of the original *Alice's Adventures in Wonderland* by Lewis Carroll. **METRO**

Make like Five, Seven and Two, and get to painting — hearts, not roses

"If you make a mistake, don't lose your head," write Pierre A. Lamielle and Julie Van Rosendaal in *Alice Eats* of Five, Seven and Two's Painted-Red Sugar Cookies. "A little paint can fix it up and if that fails, brush up on your cookie-baking. It's more difficult to execute someone who has just given you cookies, so stack the deck in your favour..."

To make the cookies

1. In a bowl, beat the butter, oil, sugar and lemon zest with an electric mixer until pale and

Alice's advice

Egg-yolk cookie "paint" cooks dry and glossy and you have far more control with a paintbrush than an icing bag. Try making an entire palette of colours in small ramekins, adding a few drops of food colouring per egg yolk.

light; add the egg and vanilla and beat for a minute, until smooth and blended.

2. In a small bowl, stir together the flour, baking powder and salt. Add to the sugar mixture and stir by hand or beat on low speed just until you have a soft dough. Shape the dough into a disc, wrap in plastic and refrigerate for half an hour.

3. When you're ready to bake, preheat the oven to 350 F (180 C). On a lightly floured surface, roll the dough out to about 1/8-inch (3 mm) thick. Cut the cookies into card shapes — or flowers, hearts, spades or a combination of shapes — and place 1 inch (2.5 cm) apart on a parchment-lined baking sheet.

To make the paint

1. Put the egg yolk in a dish and add a few drops of food colouring. Mix with a fork until well blended. Use a small paintbrush to paint the unbaked cookies with the red "paint."

Ingredients

Cookies

- 1/3 cup (85 ml) butter, at room temperature
 - 2 tbsp (30 ml) canola or other mild vegetable oil
 - 3/4 cup (185 ml) sugar
 - grated zest of a lemon
 - 1 large egg
 - 2 tsp (10 ml) vanilla
 - 1 1/2 cups (375 ml) all-purpose flour
 - 1 tsp (5 ml) baking powder
 - 1/4 tsp (1 ml) salt
- Paint**
- 1 egg yolk
 - a few drops red food colouring

2. Bake for 14 minutes, until the cookies are pale golden around the edges and the paint is dry and glossy. Using a thin spatula, transfer to a wire rack.

RECIPES EXCERPTED FROM *ALICE EATS* (WHITECAP BOOKS) BY PIERRE A. LAMIELLE AND JULIE VAN ROSENDAAL

Painted-Red Sugar Cookies



The queen's gardeners, Five, Seven and Two, painted roses red after accidentally planting white ones. You'll paint two to three dozen cookies. JULIE VAN ROSENDAAL FROM *ALICE EATS* (WHITECAP BOOKS)

Snack. Mad Hatter's No-Time Cream Drop-Scones

"If you only keep on good terms with Father Time, he'll do almost anything you like with the clock," write Pierre A. Lamielle and Julie Van Rosendaal in *Alice Eats*. "For instance, suppose you want to eat scones — you can use this time-saving recipe and enjoy freshly baked scones at

the drop of a hat! Time for tea!

1. Preheat the oven to 400 F (200 C).

2. In a medium bowl, stir together the flour, sugar, baking powder and salt. Add the cream and stir just until

Ingredients

- 1 1/3 cups (310 ml) all-purpose flour
- 2 tbsp (30 ml) sugar
- 1 1/2 tsp (7 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1 cup (250 ml) heavy (whipping) cream
- coarse sugar, for sprinkling

the dough comes together.

3. Drop by large spoonfuls (or use a small ice-cream scoop for more uniform scones) onto a greased or

parchment-lined baking sheet. If you like, sprinkle with coarse sugar.

4. Bake for 15 to 20 minutes, or until golden. Serve warm.

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Getting new wood to age gracefully

DIY. Dark-roasted coffee, sandpaper and hammers can help make furniture appear beyond its years

Winter is fast approaching, and adding wood elements to your decor will create a warm atmosphere in which to spend

the upcoming cold months. While naturally distressed wood is extremely popular, it can be hard to find.

With some creativity and a few household items, it's easy to recreate this effect on brand new wood or recycled furniture.

Prepare the wood

If you're starting a project

from scratch, look for pieces of lumber that have knots and unique markings. If remodeling an existing piece of furniture, make sure to sand all surfaces to remove paint or stain before beginning. This will bring out the wood's natural grain and prepare the surface for a fresh finish.

Channel some aggression

Rehab Addict

- For more practical ideas, tune in to an all-new season of Rehab Addict, Tuesdays at 9 p.m. beginning Nov. 19 on DIY Network Canada.

Collect hammers, screwdrivers, chains or anything else that could be used to add interesting dents and scratches to the wood.

Feel free to get creative by gently hammering the side of screws or stones into the wood. Always take extra precaution when using tools in a different way than their intended purpose and wear safety goggles to protect from any flying objects.

Before finishing, give the corners and edges a hammer. Straight edges are a dead giveaway the wood isn't naturally distressed.



Applying a coat or two of coffee is an inexpensive way to help give new wood furniture an aged or distressed effect. ISTOCK

Coffee break

There are many ways to stain wood to give it an aged look, but using dark-roasted coffee is a popular and inexpensive method. After applying a coat or two of coffee, feel free to add a layer of stain by brushing it on and then wiping off the excess. For the most natural look, gently sand the areas that

would get worn down the fastest, like arm rests or desktops, to reveal more grain.

Seal the deal

Use a coat or two of clear finish to help seal in the colour. All that's left to do is come up with a fascinating back story for your new antique piece of furniture.

Storage

A cure for the multi-season closet



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

With fall weather in full force, it's high time to change over your closet from summer to winter.

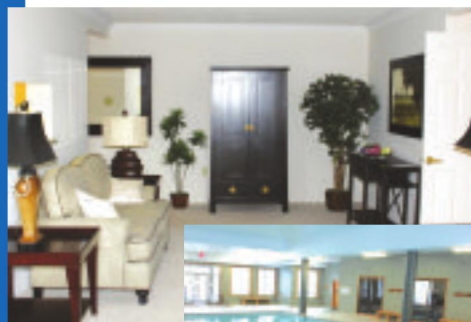
People often ask me where they're supposed to put all of their off-season things. Without a storage solution, many of us just keep struggling along with a closet that's overflowing with both our warm and cool-weather clothes — and so we curse every time we need to get dressed. What are we to do? Here are some great solutions that I've used in both small apartments and large homes.

- I fill old suitcases with off-season clothing and put them under the bed, in a guest closet or in the garage — covered with a tarp to keep the dust off — until I need the clothing again.
- A decorative armoire, chest of drawers or a trunk being used as a coffee table are all great off-season storage solutions.
- If you have the space, an unused basement, empty kids' room or attic is great. I like to simply hang my clothes on a rack — sometimes called a hostess rack — and cover them with a white cotton sheet to keep the dust off. It's really the simplest way if you have the luxury of space.
- Lastly, there are great vacuum-sealer bags that you can buy. You fill them with clothes, then use your vacuum cleaner to suck the air out of the bag to reduce the volume. Once they're deflated, it becomes much easier to find places to store them all around your home. Just don't forget where you put them!

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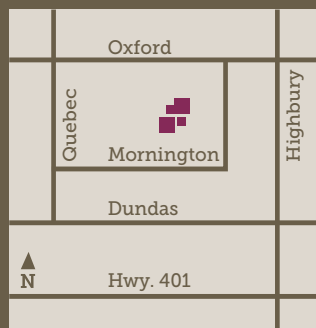
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Keep your home toasty

Winterizing tips. Two simple and inexpensive tasks can help you cut down on heating costs

JENNIFER
TAPLIN
For Metro

As a fall activity, winterizing the house is nowhere near as fun as jumping into leaves.

But if you want to avoid shivering inside as the snow piles up outside, or having to pay an arm and a leg to pay for heating, it's time to get to it.

Donald Dodge, program manager at Efficiency Nova Scotia, recommends that homeowners conduct two simple and inexpensive tasks this fall.

"This time of year I encourage everyone to get out on a beautiful Saturday and take a walk around the

exterior of your home, and what you're looking for is to check all the caulking and weather stripping," he said.

Search for any holes in the house around doors and windows, water pipes and wires. Any holes, no matter how small, should be caulked and sealed. Weather stripping and caulking need to be checked every year because it can get old and fall off.

"The second (task) is to deal with the mechanicals in your house. As we're getting ready for the heating season to start, think about that equipment in your home."

Oil or gas furnaces need to be serviced once a year by a professional, he said.



By taking time now to inspect your house, you can save money on heating costs during the winter. ISTOCK/THINKSTOCK

"Just doing that once a year, on average, will increase the efficiency of that equipment by 10 or 15 per cent, especially with oil equipment."

You can't, by law, clean out the burners yourself, but you can make sure the furnace filters are changed three times a year.

These are the cheap ways

of getting your house ready for winter. For those homeowners looking to go a step further and have the budget for it, Dodge recommends insulating and air sealing.

Minor fixes to seal in the heat

When it comes to sealing up the house for winter, windows and doors are jobs one and two.

Bob Wood, president of Revolution Windows and Doors Ltd. in Halifax, suggests feeling around the window for any drafts, then go outside to check the caulking. On the inside, sealing the window in plastic might seem minor, but it works, Wood said. Thick curtains also help keep out drafts.

"It is a temporary solution and what you should do, ultimately, is replace the window with a more efficient one," Wood said.

Homeowners can get away with temporary fixes if they do it annually, Wood said, but the best solution is a new window.

Doors are a bigger issue for winterizing because they are constantly in use and suffer more wear and tear than windows. It's important to check the weather stripping on doors, Wood said, and also check the sweep on the door.

He also recommends purchasing a weather guard, which is a piece of plastic that screws on to the side of the door jam that helps cut down on wind infiltration.

When it comes to doors, Wood said most manufacturers are still producing a 20-year-old design — straight doors with a sweep at the bottom. New designs are much better, he said, since they have a sloped sill that washes out the rain and snow.

JENNIFER TAPLIN

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Chimneys. Some burning questions about energy loss

Chimneys are quite often overlooked as sources of escaping warm air.

Most dampers in a masonry fireplace are made out of cast iron and are located in the throat of the chimney. Because of their location and design, they don't provide an air-tight seal.

The solution is a gadget called a top-sealing damper. It sits on the top of the chimney and acts as a rain cap. When it's pulled closed, it seals air-

tight with a gasket.

Kim Hunter, with Santa's Chimney Services in Halifax, said it's a busy time of year for chimney sweeps, adding it's important to clean wood-burning fireplaces and wood stoves annually to prevent chimney fires.

Hunter believes wood burning is the best heating option because it costs about \$800 per year while heating with oil can cost approximately \$3,000 to \$4,000. JENNIFER TAPLIN



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Retirement

Iverson gives up on return to NBA

Allen Iverson officially retired from the NBA on Wednesday, ending a 15-year career during which he won the 2001 MVP award and four scoring titles. Iverson retired in Philadelphia, where he had his greatest successes and led the franchise to the 2001 NBA Finals.

The six-foot guard had not played in an NBA game since Feb. 20, 2010, and had a brief pro stint in Turkey. He also played for Denver, Detroit and Memphis. Iverson scored 24,368 points and was an 11-time all-star.

THE ASSOCIATED PRESS



Allen Iverson
THE ASSOCIATED PRESS

World Series



"I try to live out what our team has lived out this year and, that is, not to look back."

John Farrell when asked about his two seasons spent as manager in Toronto before joining the Red Sox in 2013. Farrell finished 73-89 with the Jays last season, but has led the Red Sox to the World Series after they finished 69-93 in 2012. Go to metronews.ca to see if the Sox clinched the title in Game 6 against the Cardinals on Wednesday night.



Lightning look larger than life at Gardens

Workers were branding the outside of Budweiser Gardens with a banner Wednesday celebrating the London Lightning's back-to-back NHL Canada championships. The Lightning take the court at 7 p.m. Saturday for their 2013-14 home opener against the Mississauga Power. Check Friday's edition of Metro for a 16-page season preview.

ANGELA MULLINS/METRO



Knights trio picked for Russian series

OHL. Anderson, Domi and Horvat to suit up with Ontario's best in primer for world junior championships



DAVE
LANGFORD
dave.langford@metronews.ca

London Knights forwards Josh Anderson, Max Domi and Bo Horvat will play both

Ontario games against the touring Russian national junior team in late November.

The three Knights will suit up with the OHL team for games in Oshawa on Nov. 21 and Sudbury on Nov. 25.

The two games are part of a six-game series of exhibition games, used as a tune-up for the world junior hockey tournament.

The Russian team will first play two games against the Quebec league then meet the OHL before two more against

the Western Hockey League.

Knights forwards Chris Tierney and Ryan Rupert will also dress for the game in Sudbury, which features Knights bench boss Dale Hunter coaching the OHLers that game.

In all, 29 players will suit up for the OHL team.

In 10 years of competition against the Russian national team, the OHL has a record of 19-1 in the series. They split the two games last year, played in Guelph and Sarnia.

Both games ended up with 2-1 results.

All games will be broadcast nationally on Sportsnet.

Meanwhile, the Knights (8-5-1) have dropped out of the Canadian Hockey League rankings for the first time this season. They lost two of three games last week.

The Knights play again Friday against the Sudbury Wolves at 7:30 p.m. and Sunday against the Erie Otters at 2 p.m. Both games are at the Budweiser Gardens.

4 SPORTS

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Ryder Hesjedal says he made mistakes involving performance-enhancing drugs more than 10 years ago. GETTY IMAGES FILE

Hesjedal 'chose the wrong path' as a young cyclist

Doping. Former Giro d'Italia champ apologizes, though he never outright admits to using PEDs

Star Canadian cyclist Ryder Hesjedal says he "chose the wrong path" after reports emerged Wednesday that suggested he was involved in doping.

Excerpts from a new book by former Danish rider Michael Rasmussen say Hesjedal was shown how to use performance-enhancing drugs at the start of his career.

"And even though those mistakes happened more than 10 years ago, and they were short-lived, it does not change

Quoted

"Over a year ago when I was contacted by anti-doping authorities, I was open and honest about my past."

Ryder Hesjedal

the fact that I made them and I have lived with that and been sorry for it ever since," Hesjedal said in the statement.

Hesjedal, 32, did not explicitly say he took performance-enhancing drugs, but in the contrite statement he apologized to fans, sponsors and other cyclists.

"To everyone in my life, inside and outside the sport, to those that have supported

me and my dreams — including my friends, my family, the media, fans, my peers, sponsors — to riders who didn't make the same choices as me all those years ago, I sincerely apologize for my part in the dark past of the sport. I will always be sorry," he said.

Excerpts of Rasmussen's autobiography *Yellow Fever*, released Wednesday in Danish newspaper Politiken, claim that Rasmussen taught Hesjedal and fellow Canadian cyclists Seamus McGrath and Chris Sheppard how to use EPO, a banned substance used in blood doping, in 2003 when Hesjedal was a young mountain bike racer.

Rasmussen did not claim he ever saw any of the Canadians actually take EPO or any other banned substance.

THE CANADIAN PRESS

Bonus money

Armstrong loses key ruling in fight to keep \$12M

A Texas company is closer to forcing Lance Armstrong to return about \$12 million in bonuses he was paid for winning the Tour de France while secretly using performance-enhancing drugs.

A spokesman for Dallas-based SCA Promotions says a Texas arbitration panel ruled Wednesday that it would consider the company's appeal to recover the money. The company tried to prove Armstrong used steroids and other drugs and doping methods back in 2005, but ultimately agreed to pay Armstrong in a settlement.

Armstrong's attorneys argued the settlement was irreversible. But SCA went back to the same arbitration panel for a new ruling after Armstrong confessed he cheated to win cycling's biggest race every year from 1999-2005.

THE ASSOCIATED PRESS

NHL

Ovi hurting after loss in Vancouver

Washington Capitals forward Alex Ovechkin missed practice Wednesday while nursing an upper-body injury.

Capitals coach Adam Oates says he thinks Ovechkin was hurt in the first period of Monday's 3-2 loss to Vancouver. Ovechkin stayed in the game.

Oates says Ovechkin is feeling "sore" but declined to elaborate on the nature of the injury, other than to say it is not a concussion.

Ovechkin has 10 goals, second in the league through Tuesday's games.

THE ASSOCIATED PRESS

NHL

Selanne out after losing chiclets

Anaheim Ducks forward Teemu Selanne could be out two weeks for oral surgery after losing several teeth to a high stick.

Philadelphia's Luke Schenn inadvertently hit Selanne in the mouth with his stick during the Ducks' 3-2 win on Tuesday. THE ASSOCIATED PRESS

NFL. Sliding Dolphins will be hard-pressed to end struggles vs. Bengals

Emerging from the Miami Dolphins' complex through a back door, Ryan Tannehill wrinkled his nose as he walked past a stack of fertilizer for the practice fields.

"Ugh, it smells like sulfur," Tannehill said.

The Dolphins' aroma is becoming tough to ignore. After a 3-0 start, Miami (3-4) has lost four consecutive games, with each defeat more pungent than the last.

Especially odoriferous was the latest loss, when the Dolphins blew a two-touchdown lead in the second half at New England. With little time to regroup, they'll try to revive fading playoff hopes Thursday against AFC North leader Cincinnati (6-2).

"We are in a tough spot, obviously, coming off four losses," Tannehill said. "At home, short week, a very good opponent — it's a big game for us."

The Bengals are happily heading in the opposite direction with four consecutive wins. Another victory would give them a three-game lead, which would be the biggest in any division.

"It's a lot of fun to come



Ryan Tannehill hasn't sniffed a win since topping the Falcons in Week 3. GETTY IMAGES

out and play the way we've been doing," quarterback Andy Dalton said. "It has been a lot of fun for the fans and everybody that's in Cincinnati that is rooting for us. There's a lot of pride about our team, and there's a lot of pride in this city. If we can keep delivering and we can keep playing like we have been, I think there will be a lot of happy people."

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	13	9	4	0	44	30	18
Tampa Bay	12	8	4	0	40	33	16
Montreal	13	8	5	0	37	23	16
Boston	10	7	3	0	30	17	14
Detroit	12	6	4	2	27	33	14
Ottawa	12	4	6	2	35	38	10
Florida	12	3	7	2	26	42	8
Buffalo	14	2	11	1	23	41	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	12	8	4	0	38	29	16
N.Y. Islanders	12	4	5	3	37	39	11
Carolina	12	4	5	3	26	36	11
Columbus	11	5	6	0	31	29	10
Washington	12	5	7	0	34	38	10
New Jersey	12	3	5	4	26	37	10
N.Y. Rangers	11	4	7	0	18	37	8
Philadelphia	11	3	8	0	20	30	6

Wednesday's results

Toronto at Calgary
Boston at Pittsburgh
Detroit at Vancouver
San Jose at Los Angeles

Tuesday's results

Anaheim 3 Philadelphia 2
Chicago 6 Ottawa 5
Montreal 2 Dallas 1

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	13	8	2	3	45	38	19
St. Louis	10	7	1	2	38	25	16
Minnesota	13	6	4	3	30	31	15
Nashville	12	6	5	1	23	32	13
Winnipeg	14	5	7	2	34	40	12
Dallas	12	5	6	1	31	36	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	13	10	3	0	42	33	20
Vancouver	14	9	4	1	41	39	19
Phoenix	13	8	3	2	43	40	18
Los Angeles	13	8	5	0	36	33	16
Calgary	11	5	4	2	34	39	12
Edmonton	14	3	9	2	36	54	8

Note: Two points for a win, one point for an overtime/shootout loss.

New Jersey 2 Tampa Bay 1
N.Y. Rangers 3 NY Islanders 2
Phoenix 3 Los Angeles 1
St. Louis 3 Winnipeg 2
Toronto 4 Edmonton 0
Thursday's games — All Times Eastern
Anaheim at Boston, 7 p.m.
Buffalo at N.Y. Rangers, 7 p.m.
Nashville at Phoenix, 10 p.m.

NBA

REGULAR SEASON

Wednesday's results

Miami at Philadelphia
Brooklyn at Cleveland
Boston at Toronto
Milwaukee at New York
Washington at Detroit
Charlotte at Houston
Indiana at New Orleans
Orlando at Minnesota
Atlanta at Dallas
Memphis at San Antonio
Oklahoma City at Utah
Portland at Phoenix
Denver at Sacramento
L.A. Lakers at Golden State

Tuesday's results

Indiana 97 Orlando 87

L.A. Lakers 116 L.A. Clippers 103
Miami 107 Chicago 95
Thursday's games — All Times Eastern
New York at Chicago, 8 p.m.
Golden State at L.A. Clippers, 10:30 p.m.

MLB PLAYOFFS

WORLD SERIES

(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Boston leads series 3-2)

Wednesday's result

St. Louis at Boston

Thursday's game — All Times Eastern

x-St. Louis (Kelly 10-5) at Boston (Peavy

12-5), 8:07 p.m.

x — played only if necessary.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.

y — clinched division.

Friday's games — All Times Eastern

Montreal at Toronto, 7 p.m.

Calgary at B.C., 10 p.m.

Saturday's games

Hamilton at Winnipeg, 2 p.m.

Edmonton at Saskatchewan, 5 p.m.

(End of Regular Season)

NFL

WEEK NINE

Thursday's game — All Times Eastern

Cincinnati at Miami, 8:25 p.m.

Sunday's games

New Orleans at N.Y. Jets, 1 p.m.

Tennessee at St. Louis, 1 p.m.

San Diego at Washington, 1 p.m.

Kansas City at Buffalo, 1 p.m.

Minnesota at Dallas, 1 p.m.

Atlanta at Carolina, 1 p.m.

Philadelphia at Oakland, 4:05 p.m.

Tampa Bay at Seattle, 4:05 p.m.

Pittsburgh at New England, 4:25 p.m.

Baltimore at Cleveland, 4:25 p.m.

Indianapolis at Houston, 8:30 p.m.

Monday, November 4

Chicago at Green Bay, 8:40 p.m.

MLS

PLAYOFFS

Knockout Round (single-game elimination)

WESTERN CONFERENCE

Wednesday's result

Colorado at Seattle

EASTERN CONFERENCE

Thursday's game — All Times Eastern

Montreal at Houston, 8:30 p.m.

Horoscopes

Aries

March 21 - April 20

You don't need to do anything special today. Others will provide the entertainment, all you have to do is sit back and enjoy the good times. Some people may get emotional but you'll be in control at all times.

Taurus

April 21 - May 21

Social activities will go well today and if you visit a place you have never been before, you will fun. Relationships too are under excellent stars, growing deeper and stronger.

Gemini

May 22 - June 21

Few people get more enjoyment out of their daily activities than you. But family and financial issues still need to be dealt with, and quickly. That means today, not next week.

Cancer

June 22 - July 23

There is a great deal of tension in your life right now and with Mars and Pluto strong today, it could reach a peak. The good news is once that peak is reached, you'll accomplish something truly remarkable.

Leo

July 24 - Aug. 23

Sometimes you are too trusting and other times you are not trusting enough. Today, you'll be inclined to give someone who doesn't deserve it the benefit of the doubt. Make sure it's not your money at stake.

Virgo

Aug. 24 - Sept. 23

With action planet Mars in your sign allied to Pluto, planet of transformation, you should be aiming to change your life for the better. What is the biggest change you could make?

Libra

Sept. 24 - Oct. 23

You will surprise a few people today. Those who had written you off as too cautious will be astonished to see how dynamic and daring you are — and a bit scared by your level of passion.

Scorpio

Oct. 24 - Nov. 22

You will be on the move today and the people you meet and the things you see will open your mind to new possibilities. The way you look at the world will change completely over the next 24 hours. That's good.

Sagittarius

Nov. 23 - Dec. 21

It is important that you focus on positive thoughts. If you let negativity to creep in, you'll convince yourself that life is against you when the universe really wants you to be happy.

Capricorn

Dec. 22 - Jan. 20

Mars, planet of energy and ambition, will inspire you to do something beyond the call of duty. Whatever it is, you will make a great impression on people in positions of power.

Aquarius

Jan. 21 - Feb. 19

Everyone is born with a purpose and you are no exception, so find out what it is and then commit yourself to seeing it through to the end. Don't hide in the background where you cannot be seen.

Pisces

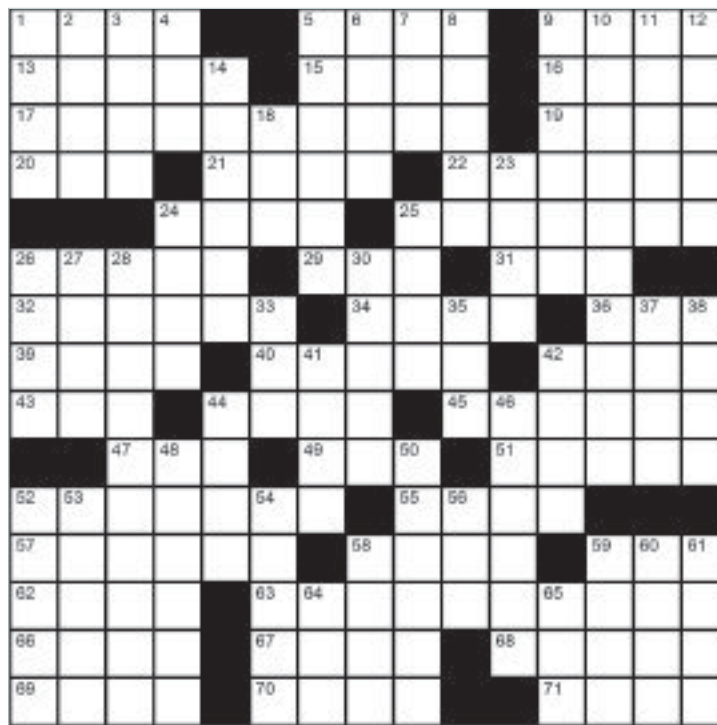
Feb. 20 - March 20

You will be so excitable today but in a good way. It's as if you have woken up to the fact that anything is possible and that what you desire most is the easiest thing in the world to possess. Get it! **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Halloween hit: "Monster ___"
- Large amount
- Fight
- Margarines
- "___ Said" by Neil Diamond
- Ireland
- Full moon howlers
- "Are you mad ___?" ...queried the cold-shoulder-ee
- Maiden name indicator
- Roof's overhang
- Delete
- Not there
- Cauldron stirrers
- Aspect
- Big TV brand
- Sports official, for short
- Struck with fright
- Frost-covered
- Strange
- Twofold
- Is forbidden to, quaint-style
- Prior to, for short
- "Hallow" suffix
- Droopy
- Dracula author Bram
- Trio of the Alphabet
- And so on, short-ened
- ___ up (Becomes more informed)
- Frightful flick of 197666: 2 wds.
- Applications



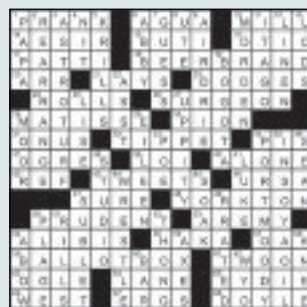
- Scream!
- Kind of agreement
- "Yikes!!!"
- Barenaked Ladies song
- James Brolin/Margot Kidder thriller, "The ___ Horror" (1979)

- Bill of fare
- Double affirmative, in Spanish
- Composition
- Units of work
- All Hallows, and others
- Writes
- Cut down, as grass

- Sailing side
- Bone dry
- Tilting tool
- What #17-Across don't like
- Bat's hangout
- Soul: French
- Frisbee-shaped track-and-field thrown-things

- Haunted house gathering
- Accessories for devil costumes
- Military force, in French
- Film holders
- Candies
- Paddle
- Take ___ (At-

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	9	2	3	7	4	5	8	1
5	4	1	9	8	2	3	6	7
3	7	8	5	6	1	9	2	4
8	2	3	7	9	5	1	4	6
7	5	4	6	1	8	2	9	3
1	6	9	2	4	3	7	5	8
2	1	6	8	3	9	4	7	5
4	8	5	1	2	7	6	3	9
9	3	7	4	5	6	8	1	2

2					9		6	
		7	5		1			
3					2			
		6					7	
	9	2	1	5	4	3	6	
	1					5		
			6					2
			3		9	8		
8		4						5

Today

16°/7°

Rain

90%

Friday

12°/4°

Cloudy

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